



saginaw senior center

Come Enjoy Life with Us!



ACTIVITIES & EVENTS CALENDAR

May 2023

THANK YOU TO CENTERWELL, HUMANA & ARDENT MILLS

On Friday, April 21st we had our very 1st Senior Prom. We had over 200 in attendance, we laughed, ate and danced the night away! The delicious catered food, the photographer and the fun DJ were all provided by Rika with CenterWell medical offices & Cameo with Humana Insurance. The fabulous employees from Ardent Mills provided the dessert, helped serve dinner, cleaned up and made great dance partners too! We feel honored to have SO many people in our community that came together to make this evening so special for all of us!



OUR 1ST "COFFEE WITH THE COMMISSIONER" 05.25.23 10AM

We are so excited to announce that our new Tarrant County Commissioner, Manny Ramirez will be here on Thursday, May 25th at 10AM to meet us! This is a great opportunity to stop by & enjoy an informal conversation with the commissioner while enjoying a cup of coffee and donuts.

ALZHEIMER'S MONTHLY SUPPORT GROUP 05.16.23 4:00-5:30PM

Please help us spread the word in the community that our senior center will host a monthly support group for family members dealing with a loved one that has Alzheimer's or Dementia. The support group is open to all ages and non-members too. They will meet at the senior center on the third Tuesday every month from 4-5:30PM.

CRAFTS WITH INEZ 05.08.23 & 05.22.23 AT 11:00AM

It is time to get crafty... we will have two craft classes in May with our VERY talented instructor- Inez! Our craft classes are free to attend and all supplies are provided. We only ask that you are on time for class. Please keep in mind that we never know how many will show up, therefore there is always a chance we may run out.

CARD MAKING CLASS WITH VICKI B 05.25.23 AT 6PM

We are super excited to be welcoming back Vicki Bell with Stampin' Up! She will be here at 6pm on Thursday, May 25th. We will make one card and one treat holder that you can take home with you!

PAINTING WITH SANDI EVERY TUESDAY AT 10AM

Painting with Sandi from ArtsNET. Sandi is a very skilled & talented painting teacher that has been teaching for many years. If you have always wanted to learn how to don't miss out on this amazing opportunity and join us every Tuesday at 10am.

SEW WHAT WITH INEZ 05.01.23 & 05.15.23 AT 11:00AM

Join us for a fun sewing class twice a month with Inez. We will make items to donate to different organizations. You do not need to know how to sew to be able to help us with our projects.

JEWELRY MAKING THURSDAY 05.11.23 & 05.25.23 AT 10:30AM

Jewelry making is fun and you get to be creative too! If you are an expert or a novice, join in the fun! You can make a set of earrings, a necklace or a bracelet. We will have a staff member available for questions. If you would like to donate any old costume jewelry necklaces, we can unstring them and be able to use them.

CRAFTS

Wii Bowling Tournament



1st Place
Annie
2nd Place
Elsa
3rd Place
Richard



Monthly Coloring Contest



1st Place
Pam
2nd Place
Mary
3rd Place
Joan



Sun	Mon	Tue	Wed	Thu	Fri	Sat				
	1 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	2 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI (9am Senior Bingo at Chick-fil-a) 1PM-3PM Mah Jongg	3 9:15 LINE DANCING CLASS 10:30 Senior Movement 11:30AM Blood Pressure Checks 12PM BINGO with Megan w/ Bristol Park Eagle & Boston's Pizza 2:00PM Wii Bowling	4 ALL DAY GAMES 9AM Exercise Class w/Donna 11AM Scrabble for Seniors 11AM CANASTA	5 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS 11:30 CINCO DE MAYO SNACKS	6				
7	8 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	9 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	10 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with LeeAnn w/ The Lodge of Saginaw 1:45PM WII BOWLING TOURNAMENT	11 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making	12 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS 11:30 MOTHER'S DAY SNACKS	13 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX				
14 Mother's day	15 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	16 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg 4-5:30PM Alzheimer's Support Group	17 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Trevor w/ Saginaw Walgreens Lunch by: Cameo with Humana 1:30PM BIRTHDAY PARTY 2:00PM Wii Bowling	18 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 7PM Free Concert at the Saginaw Switchyard- Me & My Monkey (Beatles Tribute Band) at 752 S Knowles Drive Saginaw, TX	19 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/Jason 10:30AM 42 DOMINOES 10:30 LINE DANCING CLASS	20				
21	22 ALL DAY GAMES 9:15AM Tai Chi Class w/John 10:15AM Line Dancing Workshop 11AM CRAFTS WITH INEZ 1PM Wii Bowling	23 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	24 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Stephanie w/ Discovery Senior Living COLORING CONTEST VOTING 1:45PM Wii Bowling	25 ALL DAY GAMES 9AM Exercise Class w/Donna 10:00 Coffee w/the Commissioner 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making 6PM Card Making Class w/ Vicki B	26 ALL DAY GAMES 9AM-12PM Mah Jongg 9:30AM Tai Chi Class w/JASON 10:30AM 42 DOMINOES 10:30 LINE DANCING	27 8AM- 1PM Saginaw Farmer's Market at the Saginaw Switchyard 752 S Knowles Dr Saginaw, TX				
28	29 CLOSED MEMORIAL DAY REMEMBER AND HONOR	30 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM PAINTING CLASS w/ SANDI 1PM-3PM Mah Jongg	31 9:15 LINE DANCING CLASS 10:30 Senior Movement 12PM BINGO with Joyce w/ care@care 1:45PM Wii Bowling	THANKS to our sponsors: City of Saginaw Sandi- ArtsNET John-Tai Chi Boston's Pizza Dana-Ardent Mills Trevor-Saginaw Walgreens Cameo- Humana Ins Joyce- Care-N-Care Ins Brittney- A Lending Hand Rika-CenterWell Medical Offices LeeAnn- The Lodge of Saginaw Debbie- Alzheimer's Association Megan - Bristol Park Eagle Jason- Aviator Home Health Stephanie-Discovery Senior Living Inez- Crafts & Sewing Vicki- Stampin' Up Peggy- Line Dancing Gunnar- Ultimate Home						
HAPPY birthday!	Jose R 05.01 Collen C 05.22	Robert W 05.03 Elida A 05.24	Carrie S 05.04 Clifton W 05.26	Patsy P 05.04 Teresa V 05.27	Zee P 05.05 Sandra B 05.28	Roy W 05.10 Patty Y 05.30	Darrel W 05.15	Nancy C 05.16	Marianne B 05.17	Kay A 05.19



FREE FITNESS PROGRAMS FOR MEMBERS

MONDAYS @ 9:15AM- TAI CHI WITH JOHN

Tai Chi on Mondays is taught by a fabulous instructor, John. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

MONDAYS @10:15AM- LINE DANCING WORKSHOP WITH PEGGY

Mondays line dancing workshop is different from Wednesday /Fridays classes.

TUESDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

An all activity level senior exercise class w/Donna, a Silver Sneakers certified instructor. We use weights, balls & bands to achieve a full body workout.

WEDNESDAYS @9:15AM- LINE DANCING WITH PEGGY

Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

WEDNESDAYS @ 10:30AM- SENIOR MOVEMENT WITH DONNA

Donna (our instructor) has taken classes recently for a new Silver Sneakers Exercise program called Senior Movement. It will be the same great instructor as Tuesdays and Thursdays programs but slightly more vigorous.

THURSDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

An all activity level senior exercise class w/Donna, a Silver Sneakers certified instructor. We use weights, balls & bands to achieve a full body workout.

FRIDAYS @ 9:30AM- TAI CHI WITH JASON

Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute sponsored by Aviator Home Health. Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

FRIDAYS @ 10:30AM- LINE DANCING WITH PEGGY

Our Line Dancing w/Peggy Classes are fun and you get some exercise too!

SAGINAW TRANSPORTATION

The City of Saginaw provides a ride program with a one-way trip fare of \$2.50 for Saginaw residents over the age of 65 as well as residents with disabilities. This program is available every Monday (except for Holidays) from 6AM- 6PM. All rides must be scheduled in advance. Call 817.336.8714 for more information or to schedule a ride.

BINGO

Join us for Bingo every Wednesday at noon (with a special birthday bingo once a month that includes a complimentary lunch), and a Thursday Bingo at 10:30am on the first Thursday of the month. Bingo is free to attend, thanks to our fabulous sponsors and the City of Saginaw.

WII BOWLING If you have never played or if you are a "pro" we would love for you to join us. We practice on Wednesdays following Bingo and Mondays at noon. Once a month we have a fun yet competitive Wii Bowling Tournament. Wii Bowling is a lot less strenuous than bowling but equally as fun!

MAY COLORING CONTEST 05.24.23

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by May 23rd. to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. You do NOT need to be an artist to participate or to enjoy coloring. Coloring is a great way to relax your mind and stimulate your imagination (plus you could win a prize). Take it home or work on it here.

IMPORTANT MEMBER INFORMATION

The Senior Center is funded by the City of Saginaw. Our doors are open to all residents and non-residents 55+ years of age. **Starting on January 1st, 2023 the senior center memberships will be free annually for residents & \$20 for non-residents. All current memberships will be void on the last day of December 2022.** Please do not hesitate to ask a senior center staff member, if you have any questions.

Director: Kristi Sinclair Asst Directors: Shyanne Tibbs & Evelyn Gahagan

Open Hours : Monday– Friday 9:00 AM– 4:00 PM

SAGINAW EVENTS & NEWS

5-13-23 Farmers Market

A marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd and 4th Saturday at the Saginaw Switchyard from 8am-12pm

5-18-23 Concert in the Park

Me and My Monkey, a Beatles Tribute Band will be at the Saginaw Switchyard for a free concert at 7pm

5-19-23 CTHS Jazz Band

On Friday, May 19th the Chisholm Trail Highschool Jazz Band will be performing at the Saginaw Switchyard from 6-8pm

5-27-23 Farmers Market

A marketplace with fresh produce, artisan vendors, doers and dreamers. Open every 2nd and 4th Saturday at the Saginaw Switchyard from 8am-12pm

Contact Us

**Saginaw Senior Center
(at the Recreation Ctr.)**

633 West McLeroy Blvd
Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

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